



## Dieta de las fibras (Spanish Edition)

*Mara Iglesias*

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## **Dieta de las fibras (Spanish Edition)** Mara Iglesias

La Dieta de las Fibras no es un régimen más, sino una herramienta que posibilita alcanzar el peso ideal, además de producir un rejuvenecimiento integral del organismo.

A diferencia de otras dietas que obligan a comer frutas como único alimento o que imponen imposibles ayunos (lo que debilita a la persona), esta propuesta está integrada por alimentos que aportan abundante energía ya que su base son los carbohidratos complejos, como panes, pasta, arroz y cereales (importantes fuentes de vitaminas y minerales).

Estamos hablando de un plan de adelgazamiento que no sólo nos permitirá bajar “esos” kilos de más, sino también ganar salud. De allí la importancia que tiene este revolucionario método que hoy tenemos a nuestra disposición y que será de suma utilidad para todos aquellos interesados en una mejor calidad de vida.

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